

Household Commodity Fact Sheet

**PLUMS, WHOLE, DRIED**

Date: April 2009

Code: A489

PRODUCT DESCRIPTION

- Dried plums are U.S. Grade B or better, pitted whole fruit.
- They may be treated with potassium sorbate, which is used as a preservative.

PACK/YIELD

- Dried plums are packed in 16 ounce packages, which is about 10 servings (¼ cup each).

STORAGE

- Store unopened packages in a cool, dry place.
- After opening, store in a tightly covered container not made from metal or re-sealable plastic bag and refrigerate.
- Look at the "Best if used by" or "Best by" date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

USES AND TIPS

- Dried plums are a great snack directly out of the package.
- Add sliced or chopped plums to muffins, breads, cookies, and other desserts.
- Plums can also be used in chicken, beef, lamb, and turkey dishes. They may also be used in sauces, stews, and vegetable side dishes.
- Add dried plums to oatmeal, cold cereal, or into pancake batter.

NUTRITION INFORMATION

- ¼ cup of dried plums counts as ½ cup in the MyPyramid.gov Fruit Group. For a 2,000-calorie diet, the daily recommendation is about 2 cups of fruit.
- ¼ cup of dried plums provides more than 10% of the daily recommended amount of fiber.

FOOD SAFETY INFORMATION

- Check dried plums for unknown material, insects, or mold before use.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: ¼ cup (44g) whole plums, dried

Amount Per Serving

Calories	100	Calories from Fat	0
-----------------	-----	--------------------------	---

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 28g	8%
Dietary Fiber 3g	12%
Sugars 17g	
Protein 1g	

Vitamin A	7%	Vitamin C	0%
-----------	----	-----------	----

Calcium	2%	Iron	2%
---------	----	------	----

*Percent Daily Values are based on a 2,000 calorie diet.

DRIED PLUMS WITH PEACHES AND YOGURT**MAKES ABOUT 2 SERVINGS****Ingredients**

- ½ cup canned peaches, drained
- ½ cup dried plums, chopped
- 1 container (about 8 ounces) nonfat vanilla yogurt
- ½ cup low-fat granola cereal (if you like)

Directions

1. Put ¼ cup peaches into two tall glasses. Put ¼ cup dried plums on top of the peaches. Put ½ cup yogurt on top of the plums.
2. If using granola as a topping, add ¼ cup to each glass.

Nutrition Information for 1 serving of Dried Plums with Peaches and Yogurt					
Calories	350	Cholesterol	0 mg	Sugar	54 g
Calories from Fat	20	Sodium	150 mg	Protein	9 g
Total Fat	2 g	Total Carbohydrate	81 g	Vitamin A	172 RAE
Saturated Fat	0 g	Dietary Fiber	6 g	Vitamin C	4 mg
				Calcium	230 mg
				Iron	2 mg

*Recipe adapted from the California Dried Plum Board.***PLUM OAT BARS****MAKES ABOUT 12 SERVINGS****Ingredients**

- Nonstick cooking spray
- 2 cups old-fashioned oats
- ½ cup dried plums, chopped
- ½ cup walnuts, chopped (if you like)
- 1 teaspoon cinnamon
- ¼ teaspoon salt
- ¾ cup packed brown sugar (or ¾ cup regular sugar)
- ⅓ cup margarine

Directions

1. Preheat oven to 350 degrees F. Coat a 9x9-inch baking pan with cooking spray; set aside.
2. In large bowl combine oats, plums, cinnamon, and salt. If using walnuts, add that too. Set dish aside.
3. In medium saucepan, combine brown sugar and margarine. Cook over medium heat. Stir until melted.
4. Pour sugar mixture over oat mixture, stirring to coat all ingredients. Press firmly and evenly into baking pan.
5. Bake 20-25 minutes or until golden around the edges. Cut into bars while still hot. Cool completely in pan, then re-cut and remove with spatula. Bars can be wrapped individually in plastic wrap or sealed in a plastic bag.

Nutrition Information for 1 serving of Plum Oat Bars					
Calories	100	Cholesterol	10 mg	Sugar	8 g
Calories from Fat	40	Sodium	30 mg	Protein	2 g
Total Fat	5 g	Total Carbohydrate	14 g	Vitamin A	25 RAE
Saturated Fat	2 g	Dietary Fiber	1 g	Vitamin C	0 mg
				Calcium	15 mg
				Iron	1 mg

Recipe adapted from the California Dried Plum Board.